

December 2024 Donelson Station Program Calendar

Please read the program information pages to learn more about the calendar listings. **Events with an asterisk* require registration.** To register, use the new portal or contact the center: <https://www.givehub.com/fiftyforward>. Center Hours: 8:30a-3:30p (main line) 615-883-8375

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Beginner Strength Training 11a Program Committee 12p Pilates 12p Knitting & Crochet Class 1p "Octogenarian Invents Addictive Crossword Solitaire Game": Meet the Creator & Learn to Play*	3 8:15a Strength Training 8:30a Walk and Talk 9:30a Hand Chime Choir 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness 1:30p Texas Hold'em 1:30p Name That Tune with Pope Prep Students* 2-3:30p Bridge Lessons*	4 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Beginner Strength Training 12p Pilates 12p Blood Pressure Checks 12:30-2:30p Tech Help Sessions w/College Students* (last session before 2025) 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO	5 8:15a Strength Training 8:30a Walk and Talk 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a International 2025 Travel Preview with Jennifer 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub/Card Games 1p Laugh Lines Improv	6 9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2p Bridge 10:15a Tour "Tender Tennessee Christmas" Governor's Residence* 11a Sing-a-Long Choir 12p POMS Team Practice 1p Line Dancing 2p BINGO	7 2-3p Donelson-Hermitage Parade: park & watch here
8	9 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Beginner Strength Training 11:30a Lunch and Cookies with Singing Santa* 12p Pilates 12p Knitting & Crochet Class 2p FRIST Art Trunk Activity: Katsushika Hokusai- Block Printing*	10 8:15a Strength Training 8:30a Walk and Talk 9:30a Airport Art Walking Tour & Lunch* 9:30a Hand Chime Choir 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 11a Travel Tuesday with Adam 12:15p Dance Blast Fitness 2-3:30p Bridge Lessons* 2p Super BINGO with Eric Miller & Friends	11 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 10:30a-12p Free Hearing Test* (last session before 2025) 11a Beginner Strength Training 12p Kwanzaa Interactive Event with Julia and Musa* 12p Pilates NO Blood Pressure Checks 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO	12 8:15a Strength Training 8:30a Walk and Talk 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a Arthritis Chair Exercise 11a Red Hat Honeys 12p Crafty Corner 12:15p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub/Card Games 1p Laugh Lines Improv	13 9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2p Bridge 10a Sing-a-Long Choir Performs @ McKendree 11a The Rawlings Christmas Banquet* 12p POMS Team Practice 1p Line Dancing 2p BINGO	14
15	16 9a Gentle Yoga w/ Jan 10a Rise n Shine at Nadeen's Hermitage Haven* 10a Help & Healing Group 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p Pilates 12p Knitting & Crochet Class 1p Galen RN Students' Activity* "Caring for Yourself while Caring for Your Loved Ones"	17 8:15a Strength Training 8:30a Walk and Talk 9:30a Hand Chime Choir 10a-2p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness 1:30p Texas Hold'em 2-3:30p Bridge Lessons* 2p Angel Tree Special Invitation Event	18 9a Gentle Yoga w/ Jan 10a Canasta/Hand & Foot 10a Lo-Impact Aerobics 10a-12p Art Workshop* 11a Meet n Eat* 11a Beginner Strength Training 12p Pilates 12p Blood Pressure Checks 1:00p American Mah Jongg 1:30p Trivia Teasers 1:30p Tai Chi 2p BINGO	19 8:15a Strength Training 8:30a Walk and Talk 10a Arthritis Chair Exercise 10:30a-12p Mah Jongg 11a Advisory Council 11a Arthritis Chair Exercise 12p Crafty Corner 12:15p Dance Blast Fitness 1:15p Qi Gong 1p Tech Help with Bobbye* 1p Rummikub/Card Games 1p Laugh Lines Improv No Supper Club this month	20 9a Stretch & Balance 9-11a Ukulele Group 10a Beginner Strength with Floor Exercises 10a-2p Bridge 12p POMS Team Practice 1p Line Dancing 2p BINGO	21
22	23 FiftyForward Centers Closed this week for Holidays	24 FiftyForward Centers Closed this week for Holidays	25 FiftyForward Centers Closed this week for Holidays	26 FiftyForward Centers Closed this week for Holidays	27 FiftyForward Centers Closed this week for Holidays	28 10a Bible Study
29	30 9a Gentle Yoga w/ Jan 10a Lo-Impact Aerobics 11a Beginner Strength Training 12p Pilates 12p Knitting & Crochet Class	31 8:15a Strength Training 8:30a Walk and Talk 9:30a Hand Chime Choir 10a-2:30p Bridge 10a Arthritis Chair Exercise 11a Arthritis Chair Exercise 12:15p Dance Blast Fitness 2-3:30p Bridge Lessons*				



If you are interested in participating in any program virtually, please ask.



“ML” Denotes member-led program

RECURRING CLASSES, ACTIVITIES, & GROUPS

Art Workshop Wednesdays, 10a-12p Join other seasoned artists to work on personal projects. Similar to an art co-op; runs in quarter sessions (Oct-Dec) \$25. **Registration required. ML**

Arthritis Chair Exercise Tuesdays and Thursdays, 10a & 11a Low-impact, evidence-based seated exercises taught by Melissa to help strengthen parts of the body affected by arthritis. Two classes offered.

Beginner Strength Training Mondays & Wednesdays, 11a Modified strength training led by certified instructor Gloria. This class is for beginners so all can join. **ML**

Beginner Strength with Floor Exercises Fridays, 10a Strength training and floor exercises (need to be able to get up/down from floor) led by certified instructor Gloria. **ML**

Bible Study Fourth Saturday, 10a Volunteer, Davene, leads this group discussion class. The current book being studied is Revelation. **ML**

Billiards Monday-Friday, 8:30a to 3:30p Open Play

BINGO Wednesdays & Fridays, 2p Enjoy this timeless game called by community sponsors to win the chance for prizes!

Blood Pressure Checks Wednesdays, 12-2p Free checks by our member volunteer, Jan. **ML**

Book Club 4th Monday (except Dec), 10:30a Open to all– read the monthly book posted and share your thoughts. **ML**

Bridge Tuesdays and Fridays, 10a-2p The most popular card game since the 1930s. Practice your skills; lunch break mid-way. **ML**

Bridge Lessons Tuesdays, 2-3:30p Learn from bridge-playing members eager to teach you how to play. **ML**

Canasta/Hand & Foot Wednesdays, 10a-1p Members are playing a version of Hand & Foot. **ML**

Cardio Fitness Room Monday-Friday, 8:30a to 3:30p Assistance with equipment available; fitness room orientation on 3rd Fridays at 10a.

Chess Club On Hold Partner with members who would like to challenge one another. Chess sets available. **ML**

Cornhole Club Winter Break Join the “Grumpy Ole Baggers” for this outdoor pursuit of competitive bag tossing. Learn, practice, and enjoy this popular tailgate game. All skills welcome; no partner needed. **ML**

Crafty Corner Thursdays, 12p Bring your own individual projects (yarn, needlework, coloring, craft, artwork...) to work on and socialize. **ML**

Dance Blast Fitness Tuesdays & Thursdays, 12:15p Enjoy dance and rhythm moves to music led by Susan. **ML**

Fitness Equipment Orientation 3rd Friday, 10a Become proficient with the equipment in the Cardio Fitness Room. Led by certified personal trainer, Jason Cronan. **Please register for limited spots.**

Gentle Yoga with Jan Mondays & Wednesdays, 9a 45-minute class led by certified instructor, Jan. Must be able to get up/down from the floor. Bring own mat/blanket to use.

Hand Chime Choir Tuesdays 9:30-11a Led by Shirley, learn, practice and play hand chimes. All welcome; no experience needed. **ML**

Hearing Test 2nd Wednesday, 10:30a to 12p

FREE hearing test with HearingLife. **Registration required** for 15-minute sessions; see John or Traci.

Help and Healing Group 3rd Monday, 10a Life has ups and downs. Join this safe and encouraging “help and healing” life group led by therapist, Jeff Gregg.

Knitting & Crochet Class Mondays, 12p A group for those wishing to learn how to knit and/or crochet. Linda S. is the teacher for these gatherings. Non-beginners are also invited to join & socialize. **ML**

Laugh Lines Improv Troupe Thursdays, 1-3p An engaging in-house improvisation group. Join the improv players for spontaneous storylines and fun at the beginning of class; the more advanced session is at 2p. Spectators welcome. Community performances TBA. **ML**

Line Dancing Fridays, 1-2:30p Have fun learning different line dances to great music with Kim (1st, 3rd) and Deb (2nd, 4th) All are welcome; 2-2:30p is for experienced dancers. **ML**

Lo-Impact Aerobics Mondays & Wednesdays, 10a 45-minute lo-impact aerobics class with Greg gets your body moving to great music! **ML**

Mah Jongg - American Wednesdays, 1:00-3:00p Mah Jongg - Hong Kong Thursdays, 10:30a -12p Mah Jongg styles: American uses an issued card for hands. Hong Kong players make a hand of 4 groups of 3 and a pair. Join a Mah Jongg group to play this tile-based game. **ML**

Pilates Mondays and Wednesdays, 12p, Using body weight, Kris guides you through movements that trim the waist, lubricate the spine, hips, shoulders, and sculpt muscles.

POMS Team Fridays, 12p POMS Team meeting and practice time. POMS is a 50+ cheer and dance squad. Performances are scheduled in the community and for special events. **ML**

Qi Gong Thursdays, 1:15p Cyndi teaches this class that uses flowing movements to help you increase your strength and balance.

Red Hat Honeys Second Thursday, 11a Donelson Station’s Red Hat Society chapter. New faces welcome! **ML**

Rhythm Makers Drumming On Hold

Rummikub Thursdays, 1p Play this popular tile game based on runs and sets similar to the card version of Rummy. Attendees often will play additional card games for fun. **ML**

Sing-a-Long Choir Fridays, 11a-12p Sing-a-long to classic songs and familiar melodies. Led by pianist Margaret. All voices are welcome! See calendar for singing in the community dates/times. **ML**

Sound Bath Meditation ON HOLD Using sound bowls, drums, chimes, and bells, Musa delivers a live sound bath for relaxation and meditation (or a nice naptime). **ML**

Spanish Classes Winter sessions will start again after the first of the year. **ML**

Stretch & Balance Every Friday, 9a Taught by Traci and class members, participants sit, stand and march during 45-minutes of simple exercises focusing on stretching, toning, and balancing. **ML**

Strength Training Tuesdays and Thursdays, 8:15-9:00a 40-minute advanced, diversified workout with cardio, free weights, and body strength with Center Director, Lisa.

Tai Chi Wednesdays, 1:30p Master Bruce Linville (Hall of Famer for Tai Chi weaponry & National Champion) teaches Tai Chi Chuan (Grand Ultimate Boxing) providing an understanding of martial arts history with methods of self-defense and self-cultivation.

Tech Help Wednesday, December 4, 12:30-2:30 College students would love to help you with technology questions and how-to’s. Bring your device with you. **Sign up for a session. Only here on the 4th and then out for the holidays and will return after the new year.**

Tech Help with Bobbye Thursdays, 1p and 2p Sign up for an hour one-on-one phone, computer, and tablet help. **Registration required. ML**

Texas Hold'em 1st & 3rd Tuesday, 1:30p The most played version of all poker card games. “Try your hand” with other members. **ML**

Travel Previews December 5 & 10, 11a Jennifer returns the 5th with Premier World Discovery trips. Adam (See America Tour) will be onsite the 17th to present upcoming trips & answer questions. Trip information available in print at the Traveling Rack in the hallway.

Trivia Teasers Wednesdays, 1:30p Test your mind and recall of various fun and interesting information with other members. **ML**

Ukulele Group Fridays, 9-11a Learn how to play the ukulele! Beginner lessons 9-10a; intermediate group meets 10-11a. Bring your own ukulele. (you may borrow one from the public library to try) **ML**

UPLIFT for Ladies ON HOLD Traci is a recreation therapist with experience in residential psych and multiple therapeutic disciplines.

Walk and Talk Tuesdays and Thursdays, 8:30a Walkers meet at Opry Mills mall (doors open between Off Broadway Shoes and Rainforest Cafe). **ML**

SPECIAL PROGRAMS & EVENTS**[“Octogenarian Invents Addictive Crossword Solitaire Game”](#): Meet the Creator & Learn to Play **Monday, December 2, 1p****

Lifelong creator, songwriter, and inventor, Tom Sturdevant, is in his 80s and does not believe in retirement. His game, Q-Less, has been featured on PBS/NPR. It is a cross between Rummy and Scrabble. Come meet Tom and learn to play this new pop culture game. **RSVP.**

[Name That Tune with Pope Prep Students](#) **Tuesday, December 3, 1:30p**

2025 Senior volunteers from Pope Prep have created a fun musical “Name that Tune” competition with prizes for the winners. Please encourage these young men with your presence and enthusiastic knowledge (or not). **RSVP to play.**

[Tech Help Sessions with College Students](#) **Wednesday, December 4, 12:30-2:30p**

College students would love to help you with technology questions and how-to's. Bring your device with you. **Sign up for a session; 12:30, 1:00, 1:30 or 2:00. This is their last help session before holiday break.**

[Travel with Us!](#) **Thursday, December 5 & 10, 11a**

Jennifer returns December 5th with Premier World Discovery Travel Preview of: the Canadian Rockies & Glacier National Park in July and the Balloon Festival in Albuquerque in October 2025; these are fly tours. Adam (See America Tour) will be onsite the 10th to present upcoming 2025 trips & answer traveling questions. Information available in print at the Traveling Rack at the ramp leading to the Café/Theatre.

[Donelson-Hermitage Chamber of Commerce Parade](#) **Saturday, December 7, 2-3p**

Park and watch the annual Christmas parade in front of FiftyForward. The parade starts at 2p at Elm Hill and Donelson Pike and travels down Donelson Pike to turn into the WeGo drive and lot next to FiftyForward. Tree Lighting to be held later in the evening at the new Donelson Library at 2714 Old Lebanon Pike.

[Holiday Lunch & Cookies with Singing Santa & Friends](#) **Monday, December 9, 11:30a, Cost: \$10**

Singing Santa & Friends will entertain you after lunch & cookies with the Donelson Café and Catering. Bring your phone/camera for photos with Santa! Thank you to Jay and Tammy Daughtry for their seasonal volunteer spirit. Menu: Ham, Sweet Potato Casserole, Green Beans, Roll, Dessert

[FRIST Art Trunk Activity: Katsushika Hokusai– Block Printing](#) **Monday, December 9, 2-3:30p, FREE**

The FRIST Art Museum presents an Art Trunk activity sharing connections to the exhibition, *Journey through Japan: Myths to Manga*. This workshop is hands-on creating block printing. **Must RSVP.**

[SUPER BINGO](#) **Tuesday, December 10, 2p**

Thank you to Eric Miller with CarePatrol and special guests for sponsoring this event. There are no losers in this fun version of Bingo.

[Free Hearing Test](#) **Wednesday, December 11, 10:30a to 12p**

FREE hearing test with HearingLife. **Registration required** for 15-minute sessions; see John or Traci. Limited to 6.

[Kwanzaa Interactive Event with Julia and Musa](#) **Wednesday, December 11, 12p**

Experience African American and African culture through the principles of Kwanzaa, lighting of the candles, songs, drumming, and the Karamu (feast) tasting of traditional ethnic foods. Registration is required for this limited space event.

[Galen RN Students' Special Activity](#) **Monday, December 16, 1p**

This semester's nursing students have been observing and participating in FiftyForward programming for hands-on community outreach. Their last session with us is to share a topic concerning many of our members and families: **“Caring for yourself while caring for your loved ones”**. **Sign up for this informative session.**

[Angel Tree Special Invitation Event](#) **Tuesday, December 17, 2p**

Our Ukulele Group, Singalong Chorus, and Hand Chime Choir perform each year for special Angel Tree recipients sponsored by the Greater Nashville Apartment Association and the Law Office of Jennifer McCoy. By invitation only.

[New Member Orientation Class](#) **Next Class will be in January**

Welcome to FiftyForward! An introduction to Donelson Station, how to sign up for programs and trips, and ways to be connected. Meets every other month.

TRIPS & OUTINGS (Registration Required)

Governor's Residence Christmas Tour Friday, December 6, \$15

We have secured 12 tickets for the Governor's Residence Christmas Tour. This year's theme is "Tender Tennessee Christmas". The original tours started in 1975 under Governor and First Lady Blanton's administration. One of the highlights of the tour are ornaments painted for all 95 counties. Members that register will receive a wish list for two "Tennessee Serves" organizations sponsored by the First Lady for holiday donations we will take with us. **Register by Friday, November 29th.**

Airport Art Walking Tour & Lunch Tuesday, December 10, 9:30a, Cost: \$15 + Lunch

This is the trip we have been trying to book for over a year- we are in! A big thank you to Amy Castro for setting this up for us. Be sure to wear comfortable shoes and be ready to walk the airport to view all the wonderful artwork on display. We will take a walking tour from 10am to 11am, eat lunch from 11am to noon, and then walk some more.

The Rawlings Christmas Banquet Friday, December 13, 11a, Cost: \$40 + cash for gratuity day of event, **Register by December 6**

Our second year to offer this holiday outing- The Rawlings is a historic event location in Joelton serving the community since 1933. Madison Station and the J.L. Turner Center will join us at The Rawlings for lunch. Participants are encouraged to dress festive. Menu: green salad with raspberry vinaigrette, roasted chicken with rosemary, cornbread dressing with gravy, green beans, baked cinnamon apples, rolls, coffee or iced tea, and chess pie with ice cream.

Rise n Shine Monday, December 16, 10a, Cost: Breakfast

A meet-n-eat group for early risers and those wishing to order from a breakfast menu. Members meet one another for a morning social experience. Gather at local highlight, Nadeen's (2708 Old Lebanon Road). Sign up so we know who to expect.

Meet n Eat Wednesday, December 18, 11a, Cost: Lunch

This is the only Meet n Eat this month. Location will be released soon. Join other members; register to be included in the limited group reservation.

TRIP GUIDELINES

Minimum number: Trips not meeting a minimum of 6 participants will be cancelled at least 24 hours in advance.

Departure Time: Trips leave at the stated departure time; please arrive at least 10 minutes prior.

Cancellations and No Shows: A refund will be issued if a cancellation is given within 24 hours of a trip's departure, **except** trips involving pre-ordered tickets or reservations. A refund will be given **only** if your seat can be filled.

Attendance: Cancelling or not showing up for three or more trips within a month will result in being placed on a waiting list the next month.

Exceptions: Exceptions may be considered by center staff in extreme situations.

Members are not allowed to drive and meet at trip locations when the trip involves group transportation.

Present 2025 ideas and trip suggestions to Traci or drop into the mail slot in the lobby.